

# Books and Materials

Jon Carlson, Column Editor

The purpose of this column is to bring to your attention books and materials that might be useful to you in your work or personal growth. If you know of any item that would be of interest to our readers or wish to have materials reviewed in this column, please write to Jon Carlson, Route 4 Box 492, Lake Geneva, WI 53147.

Andresen, G. L. and Weinhold, B. K. *Connective bargaining: Communicating about sex*. Englewood Cliffs, NJ: Spectrum Books, 1981. This book shows couples how to talk to each other about sex. It includes 33 sexual consciousness-raising activities that you can use alone or with your partner, plus a wide variety of self-inventories that help you understand more about your partner's sexuality as well as your own.

Baker, S. B. *School counselor's handbook: A guide for professional growth and development*. Boston: Allyn and Bacon, 1981, \$19.95. Prepared for school counselors to use to update their knowledge and skills. A workable self-help program is presented.

Baldwin, C. *One to one: Self-understanding through journal writing*. New York: M. Evans Co., 1977, \$6.95. A clear and interesting presentation on how to use journal writing as a form of self-help.

Bard, J. A. *Rational emotive therapy in practice*. Champaign, IL: Research Press, 1980, \$8.95. A good practical presentation of R.E.T. Clearly written and useful.

Baruth, L. and Eckstein, D. *Life style: Theory, practice and research*. (2nd Edition) Dubuque, IA: Kendall/Hunt, 1981. An updated compilation of the important manuscripts on the theory and application of life style research. This book is must reading for all Adlerian counselors and therapists.

Brown, B. *New mind, new body*. New York: Harper and Row, 1974.

Brown, B. *Stress and the art of biofeedback*. New York: Harper and Row, 1977.

Brown, B. *Super-mind: The ultimate energy*. New York: Harper and Row, 1980.

Barbara Brown is a major spokesperson in the areas of biofeedback, stress, brain and behavior research. In *New Mind, New Body* she explains how man can learn to control his own biological and mental functioning. In *Stress and the Art of Biofeedback* she knows how to use biofeedback to treat a variety of stress related illnesses. In *Supermind* she has developed a fascinating and persuasive argument for the existence of incredible amounts of untapped mind potential. She presents ways to develop and use this supermentality for the benefit of mankind.

Brown, J. H. and Brown, C. S. *Systematic counseling: A guide for the practitioner*. Champaign, IL: Research Press, 1977, \$8.95. A practical guide for counselor trainees. A clear presentation of systematic/behavioral counseling with some valuable evaluation techniques.

Callenbach, E. *The ecotopian encyclopedia for the 80's: A survival guide for the age of inflation*. Berkeley: And/Or press, 1980 \$9.95. A popular reference guide on how to live better and spend less. A practical and ecologically sensible system for solutions to the economic challenges of the 80's.

Castaneda, C. *The eagle's gift*. New York: Simon and Schuster, 1981 \$12.95. Carlos Castaneda takes the reader into the very heart of sorcery, challenging both imagination and reason, shaking the very foundations of our belief in what is natural and logical.

Duncan, J. A. and Gumaer, U. (Eds.) *Developmental groups for children*. Springfield, Ill.: C. C. Thomas, 1980, \$29.75. The text presents a wide array of group procedures, practices, and techniques that practitioners can use in developmental group work with children ages five to thirteen years.

Eisler, R. M. and Fredericksen, L. W. *Perfecting social skills: A guide to interpersonal behavior development*. New York: Plenum Press, 1980, \$18.95. This comprehensive handbook provides the practitioner with the background, knowledge, and skills needed to conduct social skills training.

Eysenck, H. J. vs. Kamin, L. *The intelligence controversy*. New York: Wiley Interscience, 1981. A debate on the shaping of intelligence. Some of the questions are: How valid are IQ tests? How is intelligence formed? How much is heredity? How much environment? This book should be of interest to psychologists, parents, students, and educators.

Ferrell, J., Glashagel, J., and Johnson, M. *Family approach to youth sports*. Youth Sports Press, 6801 S. LaGrange, Ill. 60525, 1978, \$2.95. This pamphlet is a guide for parents as they venture into youth sports with their son or

daughter. The difficult questions are raised with help provided in how to arrive at your own answers.

Fisher, B. *Rebuilding: When your relationship ends*. San Luis Obispo: Impact, 1981, \$5.95. A handbook for the divorcing and divorced to meet the challenge of creating a happy future. Helpful reading for the professional counselor and for use in bibliotherapy.

Fox, R. *The red lamp of incest*. New York: E. P. Dutton, 1980, \$12.95. A scholarly treatment of our attitudes and beliefs about incest. Counselors will be called on to do more work in this area in the future.

Girdano, D. and Everly, G. *Controlling stress and tension: A holistic approach*. Englewood Cliffs, NJ: Prentice-Hall, 1979. A useful book on reducing and preventing the stress and tension in your life. Includes several excellent questionnaires.

Gould, S. *The challenge of friendship: Helping your child become a friend*. New York: Hawthorn/Dutton, 1981, \$16.95. This book shows parents how to create positive family climates in order to help their children make friends. Other important topics include finding friendships for your child; what to do when your child makes friends with someone you consider undesirable; how to help your child through the difficult process of losing a friend; and how to create lasting friendships.

Harner, M. *The way of the shaman: A guide to power and healing*. New York: Harper and Row, 1980, \$9.95. Shamanism is basically a strategy for personal learning. This fascinating book provides an intimate and practical guide to the art of shamanic healing.

Hawke, S. and Knox, D. *One child by choice*. Englewood Cliffs, NJ: Spectrum Books, 1977. A positive, realistic statement of the rewards and challenges of having a single child.

Hendricks, G. *The centered teacher: Awareness activities for teachers and their students*. Englewood Cliffs, NJ: Spectrum Books, 1981. Serving as a dual purpose handbook and textbook, this how-to guide provides specific centering tools, materials, and activities from which you can build a successful centering curriculum to fit your educational setting.

Hewett, F. M. and Taylor, F. D. *The emotionally disturbed child in the classroom: The orchestration of success*. (2nd Ed.) Boston: Allyn and Bacon, 1980, \$17.95. This book presents a behavioral-educational approach to con-

ceptualizing emotionally disturbed behavior, functionally describing emotionally disturbed children, and finally presenting a step-by-step procedure for writing an Individual Education Program for any exceptional child.

Houston, J. *Life-force: The psycho-historical recovery of self*. New York: Delacorte Press, 1980, \$12.95. This book divides individual development and history into five stages and shows the reader how, by understanding and working through each stage, he can set out on his own journey of transformation and rediscover the deepest source of his energy and creativity. Many remarkable exercises and illustrations.

Huber, C. H., and Baruth, L. G. *Coping with marital conflict: An Adlerian approach to succeeding at marriage*. Champaign, IL: Stipes Publishing Co., 1981, \$5.00. A useful book for professionals in marriage counseling and for those who want to deal with the concerns arising in their marriage. Contains many helpful suggestions and practices.

Irving, H. H. *Divorce mediation: A rational alternative to the adversary system*. New York: Universe Books, 1981, \$11.95. *Divorce Mediation* plainly sets out what to do when the decision to divorce has been made. It provides a system to solve problems for the benefit of the entire family. There need not be any winners or losers.

Johnson, D. W. *Reaching out: Interpersonal effectiveness and self-actualization*. (2nd Ed.) Englewood Cliffs, NJ: Prentice-Hall, 1981. The second edition of *Reaching Out* provides the necessary theory and experience to develop effective interpersonal skills. The material has been successful with adolescents and young adults.

LaPointe, G. V. and Overtoom, C. G. *Socio-teleoanalysis: Stories for classroom discussion*. Socio-Teleoanalysis, Box 460, Glendale, Arizona 85311, 1979, \$5.95. Peer conflicts, power struggles, acts of revenge, discouraged failures, and rivalry are some of the issues contained in the twenty-three stories. Each of these interesting human interest stories contains its own discussion guide. The main goal is to promote pro-social conduct and responsible behavior for children and adolescents in grades three through nine.

Merritt, R. E. and Wolley, D. D. *The group leader's handbook: Resources, techniques, and survival skills*. Champaign, IL: Research Press, 1977, \$10.95. This is a "nuts and bolts" guide to running successful groups, and it offers those survival skills you need to keep the group productive, effective, and on target. Contents include preparing for the first meeting, opening the meeting, establishing the content of the session, closing the group, developing the

group, and evaluating the group.

Michael, S. P., Luthans, F., Oidorne G. S., Burke, W. W., and Hayden, S. *Techniques of organizational change*. New York: McGraw-Hill, 1981, \$16.95. This book describes the six techniques that have proven most useful for achieving meaningful organization change. The techniques are: Organizational Behavior Modification, Management by Objectives, Management Development, Organization Development, Management Auditing, and The Control Cycle. Each technique is evaluated and compared so that the most appropriate technique to meet a particular problem can be chosen.

Moody, K. *Growing up on television: The TV effect*. New York: Times Books, 1980. The typical American child now watches television more than thirty hours per week. The influence of TV — especially on children — is formidable, and mostly exercised in the interests of advertisers. A great deal can be done to understand and counteract the worst effects of television and Moody presents many practical suggestions.

Morris, G. S. D. *How to change the games children play*. (2nd Ed.) Minneapolis, Minn.: Burgess Publishing Co., \$6.95. A helpful book for everyone who uses games with children. Readers are taught how to analyze the structure of games and discovering and creating new ones that provide the desired outcomes.

Nelson, R. C. *Choosing a better way to live*. Guidelines Press, 745 U.S. Highway One, North Palm Beach, Fla. 33408, 1977, \$5.95. This book explores all the essential concepts of Choice Awareness as well as presenting numerous exercises and action plans to implement this process in everyday life. The clear style of writing and many practical examples help to put the ideas in clear focus.

Orlick, T. *In pursuit of excellence*. Coaching Association of Canada, 333 River Road, Vanier, Ontario K1L 8B9, 1980, \$9.95. An innovative sports psychologist presents very practical ideas on how to achieve higher levels of personal excellence and life satisfaction.

*Parent Educators' Exchange* is a new national newsletter for counselors who are primarily involved in parent education. The newsletter gives its readers a forum where they can swap ideas and experiences relating to parent training programs and individual counseling methods that have proved effective. Emphasis is to be on WHAT to do, HOW to do it, WHEN to do it, WHERE to do it, WHY to do it, and with WHOM to do it. For a free sample, write to Practical Parenting Publications, Box 1635, Columbia, MO 65205.

Rofes, E. (Ed.) *The kid's book of divorce: By, for, and about kids*. Lewis Publishing Co, 15 Muzzey St., Lexington, Mass. 02173, 1981, \$9.95. A touching manual that provides the reader with a clear idea about how divorce is experienced by children. It can be used to help youngsters deal with their feelings about divorce and when read by parents and children together can open up lines of communication during a stressful period for the whole family.

Rogers, C. R. *A way of being*. Boston: Houghton Mifflin Co., 1980, \$6.95. The central figure of humanistic psychology applies the principles of client-centered therapy to what he terms a person-centered approach to living. A worthwhile collection of papers, talks, autobiographical sketches and vignettes.

Shaw, M. E. *Group dynamics: The psychology of small group behavior*. (3rd Ed.) New York: McGraw-Hill, 1981. This revised text serves as a good introduction to the study of small groups.

Shorr, J. E., Sobel, G. E., Rubin, P., and Connella, J. A. (Eds.) *Imagery: Its many dimensions and applications*. New York: Plenum Press, 1980. Imagery — the ability to re- evoke and re-organize perceptions — is an integral part of human development and motivation. After a half century of neglect, these mental processes are now recognized as legitimate subjects for study.

Tessler, D. J. *Drugs, kids, and schools: Practical strategies for educators and other concerned adults*. Santa Monica, Calif.: Goodyear, 1980. *Drugs, Kids, and Schools* offers a practical approach to understanding and communicating — activities for values clarification, decision making, assertiveness training, peer counseling, and improved self-concept. These activities are designed to help you work constructively with kids who use drugs and with those who may be considering it. A complete reference section is included.

Tubesing, D. A. *Kicking your stress habits: A do-it-yourself guide for coping with stress*. Whole Person Associates, PO Box 3151, Duluth, Minn. 55803, \$10.00. A simple wholistic system for the creative management of stress.

Walsh, R. N. and Vaughan, F. (Eds.) *Beyond ego: Transpersonal dimensions in psychology*. Los Angeles: J. P. Tarcher, 1980, \$12.50. *Beyond Ego* is an exciting introduction to the psychology of the future. "Transpersonal psychology gives us the power to go beyond — beyond restrictive theories of human nature, beyond self-imposed limitations."

Wenger, W. *Beyond o.k.: Psychegetic tools relating to health of body and mind*. Psychegenics Press, PO Box 332, Gaithersburg, MD 20760, 1979. Over 100 guided experiences to facilitate the use of both sides of the brain.